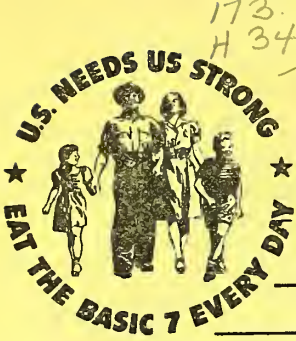


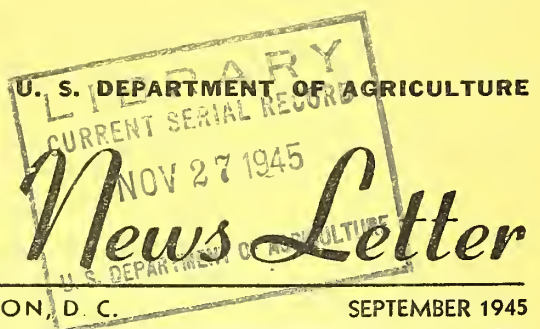
Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



NUTRITION

Published Monthly by the Nutrition Programs Branch
Office of Marketing Services
With the Approval of the Director, Bureau of the Budget



NUMBER 39

WASHINGTON, D. C.

SEPTEMBER 1945

COMMITTEES' PLANS FOR "CARRYING ON"

The June reports from a number of State nutrition committees mention various plans for continuing the coordination of the nutrition program without Federal assistance in the form of services of the executive secretary. A few committees have had approval of a plan to finance the executive secretary with State funds—some on a temporary basis, others on a long-time basis. In several instances, State health department funds have been made available to the committee for this coordinating function; in others, the State extension service will employ the same executive secretary and assign her to the committee; in one State the committee is asking for an additional extension war food assistant to work on the over-all nutrition program. Several States are in the process of appealing to the Governor for funds for an executive secretary; in some of these States, the secretary, meanwhile, has been retained temporarily on funds provided by one of the agencies on the committee. One State has developed a plan by which each agency on the executive committee of the State nutrition committee has pooled the funds for the furtherance of the program. These funds will be used to pay the salary of the executive secretary, an office secretary, and other designated expenses.

Some State nutrition committees have reminded the local and county committees of the help that the members of the coordinating committee can be when working in the vicinity (these are the representatives of State agencies who travel). One State committee has suggested in-service training on community organization for local leaders. It was thought that this idea might be presented for discussion at such annual meetings as those of the State vocational home economics teachers, and of the State extension service workers.

Various means of keeping local committees informed, "inspired," and active were also discussed. Ways of financing

the State committee's monthly news letter, or getting out other regular or periodic messages to local committees will be explored. Keeping in touch with local committees by correspondence offers another problem. One committee, with headquarters in a university town, hopes to have correspondence handled by a volunteer with nutrition subject matter background and is also looking into the possibility of securing some volunteer help in addressing mail.

Ways in which county nutrition committees could continue to function effectively have also been discussed. One suggestion made in a number of States was that the local or county nutrition committee becomes a subdivision of some larger county planning organization. The county health planning committee was suggested as the best possibility in one State; the county health council in another; and the community council in others. A tie-in with the over-all agricultural county planning committee is another possibility.

A number of State nutrition committees consider that this is the time to appraise present programs and re-evaluate them in relation to a long-time nutrition program. The advisability of reviewing committee functions, program, and accomplishments every year has also been expressed. Nutrition committees in general feel that fact-finding should always be a part of the program, that facts and figures related to nutrition problems which are available from such sources as the files of organizations, the census, and home-economics studies should be used, and that resources for making studies as needed should be explored. Several States point out the valuable contribution that subcommittees have made, and suggest strengthening the subcommittee organization to further specific interests of the committee.

INV. '60

GIRL SCOUTS' "SHARE THE FOOD DAY"

Nation-wide observance of "Share the Food Day" on September 18 is the Girl Scout plan for presenting an object lesson to themselves and to the public on the need to help feed the people of Europe and Asia. On that day all Girl Scouts, their families, and anyone else who wishes to join in, will confine their meals to the equivalent of those typical of the diets in Allied or liberated countries. The menus have been secured from the accredited war relief agencies and provide dramatic contrast to the varied and plentiful diet we enjoy in this country, even under rationing.

Plans for "Share the Food Day" have been worked out in consultation with and the cooperation of representatives of the United States Department of Agriculture. Others consulted include the Office of War Information and many individuals vitally interested in the problem of feeding the people of liberated and Allied countries.

Sponsoring groups in addition to the Girl Scouts are the Camp Fire Girls, Girl Reserves of the Y. W. C. A., Jewish Welfare Board, and National Federation of Settlements. Cooperating groups include the Boy Scouts of America, the National Catholic Welfare Conference, the Y. M. C. A., and the Youth Department Greater New York Federation of Churches.

According to the plan for observing "Share the Food Day," local Girl Scout groups will organize demonstrations and exhibits, hold meetings, or even serve breakfast, lunch or supper to representative people in the community following one of the foreign menus. This will be in addition to limiting their own diet to the equivalent of what Russian, Chinese, or British children or those of some other war-torn nation must eat. They will also refrain from eating between meals. Emphasis will be placed on the fact that many children in liberated countries do not eat meals of this type for 1 day only, but month after month, and year after year—and often consider themselves lucky to get as much food as they do.

NOTES FROM THE FIELD

TENNESSEE.—The State Nutrition Committee has outlined a plan of work for 1945 and 1946, in considerable detail. This plan was sent to the executive committee which is composed of the ad-

ministrative heads (or their authorized designees) of five State departments, the School of Home Economics of the University of Tennessee, and the Tennessee Congress of Parents and Teachers. Both the plan of work and the budget for carrying it out have been approved by the executive committee. The budget allows for the salary of an executive secretary to the State Nutrition Committee, and funds for her travel, office expenses, and secretarial help. It will be met by equal contributions from the following five State agencies: Department of agriculture, department of education, department of welfare, department of health, and the agricultural extension service. The funds will be turned over to the State Nutrition Committee, to be disbursed by the chairman.

TEXAS.—"What's Cooking" is the title of a news letter published by the State Nutrition Council. This "mouthpiece of the nutrition council" was revived in May, to furnish news of interest to council members, to local nutrition committees, and to other interested persons in the State. The executive committee was divided into four groups, each to be responsible for the contents of one issue a year. The May issue has contributions from nine persons; the executive secretary acted as editor. A total of 225 copies were mailed out, with the suggestion that the single copy received by each local committee be shared by all the members.

WEST VIRGINIA.—The Committee on Nutrition in Elementary Schools, composed of an elementary teacher, a representative of the State department of education, a representative of a teacher-training institution, a home economist, a local health representative, and a parent, met in May. Nine recommendations made by this committee were presented to the State Nutrition Committee at its regular meeting in May. Two of the nine recommendations were: (1) "That a 1-day nutrition conference be planned for the summer session of each college. That a representative of the State Nutrition Committee be present on this occasion and present findings of the recent survey of nutritional conditions and practices among West Virginia school children." (2) "That the executive secretary of the State Nutrition Committee prepare a bibliography of nutrition material, a list of films, and

a kit, these to be distributed to each college engaged in training teachers." In line with the first of these recommendations, Fairmont State College held a "Health Day" in June. This was sponsored jointly by the departments of biology, education, physical education, and home economics, in cooperation with the West Virginia and Marion County Health Departments. The day included: Morning inspection of school children by the nurse; a demonstration showing the integration of nutrition in a unit on Russia; critique of lesson; a type-A school lunch served by the cafeteria at noon; a report of the findings of the West Virginia nutrition survey; presentation of slides indicating nutritional deficiencies in school children; a paper on the control of dental caries in school children; and a period for open discussion.

Nutrition material suggested by the committee (see 2 above) plus a kit containing 35 pieces of literature, pamphlets, exhibit suggestions, etc., was sent to the colleges.

The Committee on Nutrition in the Elementary Schools suggested that another committee, made up of home economists and elementary teachers, be appointed to study and recommend the contents of a nutrition course. This group has met and begun work on this all-important project.

SOUTH DAKOTA.—The lack of information on the quantities of fruit produced and eaten in South Dakota prompted the State Nutrition Committee to make a State-wide survey of fruit production and consumption. The departments of agricultural economics, horticulture, and home economics of the agricultural experiment station assumed the major responsibility and cost of preparing and printing survey schedules, of distributing survey schedules to agencies cooperating in the study and in tabulating the statistical data. The agricultural extension service, the State department of education, and the Farm Security Administration assumed the responsibility for obtaining the data. Other member agencies of the State Nutrition Committee cooperated in the development and completion of the survey work. The executive secretary assisted in carrying out the field work and in editing the returned schedules.

An effort was made to obtain a representative sample of both urban and rural families in the eight agricultural (type

of farming) areas of the State. The data have been tabulated for both urban and rural families for the eight areas and for the State as a whole.

Information was obtained on production, purchase, and consumption of all kinds of fruits and tomatoes. Tomatoes were included in the study as they are usually grouped with citrus fruits in comparing the nutritional value of foods. This detailed study determined the percent of families reporting orchards and gardens, the number of fruit trees, number of fruit bushes or plants, and the quantities of different kinds of fruit produced. The per capita production of fruit and tomatoes was only 15 pounds in area 1 as compared to 65 pounds in the two eastern areas of the State (5 and 8). Tomato production in areas 6 and 7 helped to offset the low per capita fruit production. The study also indicates that the proportion of total fruit produced to that consumed varies greatly with areas of the State.

The data collected on fruit consumption were analyzed in terms of a desirable fruit intake (2 servings a day, or 14 a week). It was found that for the State as a whole, urban families were slightly above and rural families slightly below this figure. In the western and southwestern areas both urban and rural families served considerably less than 14 servings of fruit per week. However, the total per capita consumption of fruit was higher for rural than urban families although the urban families served fruit more frequently during the week. Nevertheless, the total per capita consumption of tomatoes and citrus and other fruits could be increased by both urban and rural families for a more adequate diet.

VIRGINIA.—During the spring months, the Prince Edward County Nutrition Committee conducted a program of nutrition education for industrial workers. Arrangements were made with three industries; a shoe factory, a garment factory, and a laundry. None of these plants had any type of in-plant feeding. Most of the employees are married women, some of whom live in Farmville and some commute 20 or 30 miles. Some of them eat their noonday meal at nearby restaurants but many of them bring a packed lunch from home. The managers of the industries were interested enough in the proposal of the committee to allow time for nutrition talks and demonstrations.

Senior home economics students under the direction of the foods teacher at Farmville State Teachers College planned and gave this series of talks and demonstrations. These included discussions of the "Basic 7," demonstration of ways in which both points and money might be saved without lessening food value, and the importance of growing a year-round garden and conserving for future use any surpluses of these gardens. These demonstrations were supplemented by informational materials and recipes and by wall posters left in the plant.

In addition to interesting the workers in these plants the committee hopes that these will develop an interest in some type of in-plant food service.

This program has been a fine example of the strength of coordination and of carrying projected State plans to the local level.

Developing some type of nutrition education for industrial workers was one of the goals of Virginia's State committee. Its adaptation as part of Prince Edward County's plan was suggested by one of the field nutritionists of the State board of health when she visited and contacted the county nutrition committee. The chairman of the committee, who is a member of the county welfare board, worked with other members of the committee to devise a way to carry out such a plan. The home economics seniors in the local college were recognized as a valuable local resource and used to excellent advantage. During the conduct of this program the need for a projector to make better use of available visual material was realized. The local TB association is planning to secure a projector which the committee and its co-operating agencies will be able to use.

ARIZONA.—The coordinating committee of the State Nutrition Council arranged for a 2-day nutrition workshop on community organization, with the assistance of two United States Office of Education staff members. Among the agencies represented at the workshop were State department vocational education, State department of health, agricultural extension, and agencies of the United States Department of Agriculture. Ways and means of finding community leaders and helping them in their work without imposing professional domination on local projects were discussed. Common responsibilities of cooperating groups were agreed upon.

One of these was the job of making communities aware of nutrition shortcomings among both adults and children. Nutrition clinic demonstrations were suggested as a means of accomplishing this end. County advisory committees were deemed the best answer to the problem of bridging the gap between State and local committees.

NEW MATERIAL (Sample not enclosed)

"Something You Didn't Eat." Through the facilities of the United States Department of Agriculture, a limited number of 16-mm. prints of the Walt Disney motion-picture film by the same title will be available after the middle of September. The prints are in technicolor, with sound, and are intended for nontheatrical showings, as in schools, before nutrition committees, clubs, and other groups. Because the number of prints is limited, it is wise to send in your request well in advance of the date of showing. Requests may be directed to one of the United States Department of Agriculture film depositories or to the Office of Information, USDA, Washington 25, D. C.

NEW MATERIAL (Sample enclosed)

"Medical Survey of Nutrition in Newfoundland." A 32-page publication of the Food and Nutrition Board, National Research Council, Washington, D. C., reprinted from the Canadian Medical Association Journal. This report of a survey made by 11 investigators, representing the medical profession of Canada, England, and the United States, includes a foreword by Dr. Russell M. Wilder, of the Mayo Clinic. The publication is valuable not only in text but also because of its excellent photographs in color. Individual requests for a limited number of additional copies can be filled, without charge, by the Nutrition Programs Branch, OMS, USDA, Washington 25, D. C.

Sincerely yours,



M. L. Wilson, Chief,
Nutrition Programs Branch



W. H. Sebrell, Associate Chief,
Nutrition Programs Branch